



Water Drink Up & Enjoy

MOVE!

Water: Major Functions in the Body

- ✓ Protective fluid
- ✓ Main component of blood
- ✓ Regulation of body temperature, insulation if cold, sweat production if hot
- ✓ Hydrates skin
- ✓ Moistens eyes, mouth, and nose
- ✓ Transport nutrients & medicines to the proper place in the body



Your body needs more WATER than any other nutrient. Every body cell, tissue, and organ needs water to function. Getting enough water, 6 – 8 cups everyday is especially important as we get older. Dehydration is a frequent cause of hospitalization in people over 65 years old. You need even more water if you are active and sweat frequently. Weight loss plans are helped by drinking lots of water. Water helps to remove waste products from our body, resulting from the metabolism or use of fat and other nutrients for energy. Eating a large amounts of protein requires lots of water, proteins release waste products into the blood, and water helps remove these waste products by making the kidneys work better.

So get your water today and enjoy!



Water, Water Everywhere and Plenty to Drink!

- ✓ Take “Water Breaks” throughout the day.
- ✓ Have a glass of decaffeinated tea or plain water with meals.
- ✓ Don’t skip the water fountain – always take a sip.
- ✓ Take a bottle of water in the car, plane, or train for trips
- ✓ Use decaffeinated coffee to help meet your fluid goals.
- ✓ Buy a 20 ounce or larger, spill proof, insulated bottle to use at work.
- ✓ Fill a water pitcher with your fluid goal for the day and drink up!
- ✓ If you like cold water, keep a water pitcher in the refrigerator for refills.
- ✓ When traveling, freeze a plastic bottle with water overnight, leave the cap off as water expands when cold. It will thaw during the trip providing ice cold water.